

# Summer Sports Preparation Program

Learn how to properly lift weights and condition for your sport. The SSP program will help prepare you for your upcoming sport. Coaches from The Cypress Fairbanks Independent School District will conduct the training sessions.

**Location:**

Cy-Woods Sports Complex

**Date:**

June 14, 2010 – July 22, 2010

Monday through Thursday

\*No workouts on Mon. July 19<sup>th</sup>  
Tues. July 20<sup>st</sup>.

**Cost:**

\$110 / \$55 for each additional sibling

**Eligible Participant:**

Any 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup>  
grade male and female athletes in the  
Cypress Woods Attendance Zone.

**Session Times:**

Please circle the session you desire  
to attend.

7:30AM - 9:00AM Session 1  
10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> Grade Only

9:15AM - 10:45AM Session 2  
Open for all

5:00PM - 6:30PM Session 3  
Open for all

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Circle: Male / Female

T-Shirt Size: S M L XL XXL XXXL

2010-2011 Grade Level: \_\_\_\_\_

Current School: \_\_\_\_\_

**\*\* All participants must have a current  
athletic physical on file.**

**Please return this form to:**

Cypress Woods High School  
16825 Spring Cypress  
Cypress, TX 77429  
Attention: David Jones, Athletic Coordinator

**Checks Payable to:**

Cypress Woods High School

Forms may also be returned to the  
coordinators where your child presently  
attends school.



If you have any questions, please contact:

David Jones at 281-213-1870

[David.Jones@cfisd.net](mailto:David.Jones@cfisd.net)

Mike Zachos at 281- 213-1871

[Michael.Zachos@cfisd.net](mailto:Michael.Zachos@cfisd.net)

Curtis Neill at 281-213-1871

[Curtis.Neill@cfisd.net](mailto:Curtis.Neill@cfisd.net)

Virginia Flores at 281-213-1876

[Virginia.Flores@cfisd.net](mailto:Virginia.Flores@cfisd.net)

Parent/Guardian:

Name: \_\_\_\_\_

Home: \_\_\_\_\_

Cell: \_\_\_\_\_

Work: \_\_\_\_\_

Emergency Contact Name:

Phone: \_\_\_\_\_

I certify that \_\_\_\_\_  
has my permission to participate in the Cy-Woods High  
School Summer Sports Preparation Program (SSPP). I  
further certify that the above student/player has medical  
insurance in case of an emergency. I authorize the camp  
staff to act for me according to their best judgment in any  
emergency requiring medical attention. I release and hold  
harmless all campus staff, coaches, directors, agents, and  
affiliates, from and against any liability, injury sustained,  
damage to or loss of personal property arising directly or  
indirectly while enrolled in this camp at Cy-Woods High  
School.

Parent/Guardian Signature:

Date: \_\_\_\_\_